

Gold #3B

Enroll school as a Team Nutrition School and conduct nutrition education activities and promotions that involve students, parents, and the community.



Definition: To meet this criterion you must sign up to be a Team Nutrition school and hold one nutrition education activity which involves students, parents and the community. Team Nutrition supports the Child Nutrition Program through training and technical assistance for all parties involved in children's nutrition. Their goal is to improve children's lifelong eating and physical activity habits. Team Nutrition will help you implement nutrition education and promotion in your school.

Rationale: Studies have shown that nutrition education programs that focus on influencing students' actual eating behaviors are much more likely to help students adopt health eating habits than the traditional, fact based approach.¹ Teachers serve as a role model to the children in their classroom. When teachers are teaching and living healthy lifestyles the children are more likely to follow in that example.

In the last twenty years, the percentage of young children who are obese has more than doubled. Child obesity is being recognized as a national epidemic causing the onset of and increased prevalence of disease.² Team Nutrition is working to help schools increase physical activity, and nutrition education in schools.

1. Journal of Nutrition Education, *The effectiveness of nutrition education and implications for nutrition education policy, programs, and research*, 1995
2. Team Nutrition, Healthy Schools. Online: www.teamnutrition.usda.gov/healthy-schools.html

Resources

Team Nutrition

<http://www.fns.usda.gov/tn>

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Changing the Scene

A Guide to Local Action

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Assignments

School Coordinator Assignments

- Enroll school as a Team Nutrition School
- Determine school's current nutrition education program
- Assist in developing an activity that will promote nutrition to students, parents, and the community

Mentor Assignment

- Give School Coordinator ideas for nutrition education and promotion
- Assist in developing an activity that will promote nutrition to students, parents, and the community
- Write a description for the mid-year and end-year reports

Gold #3B Ideas

- **Nutrition Adventures**

How it works:

Students begin the event at the centralized “Yes, I Can!” ticket station where they answer a trivia question. After answering a question, students receive a “Yes, I Can!” ticket, which they take to any of the twelve activity stations. Students have to present the “Yes, I Can!” ticket to the volunteers at the activity stations before they can participate in activities. After the completion of each activity, volunteers should mark participants’ scorecards with stickers or markers. Students continue this rotation between the “Yes, I Can!” ticket station and the activity stations, until they have participated in all events. After completing all events students can go to the taste testing station to enjoy samples of fruits and vegetables. Events include: apple toss, coconut bowling, melon weight lifting, strawberry relay, grapefruit shot put, cucumber javelin throw, potato sack race, and more.

Preparation:

Based on the number of participants, the entire event can take as little as 3 hours, or the whole day. You can follow the guide or develop your own event. Physical education and health teachers may want to use a single activity to focus on a particular nutrition topic while getting kids up and moving. Get individuals and groups in your community involved. Talk to food service distributors, local produce growers, American Cancer Society volunteers, and others interested in promoting the health of young children.

*Kit available (free of charge) at

http://www.dole5aday.com/Teachers/ClassroomResources/Activities/T_NutritionAdventures.jsp. The kits include all written materials and detailed instructions for staffing, set up, and execution.

- **Invite a Guest Chef**

How it works:

Invite a guest chef to come and cook during lunch, if possible. Children will be able to observe the cooking demonstration and taste the food afterwards. If unable to show the food preparation, have the chef make the food in advance and give out samples in cafeteria. Ask the guest chef to make something different than what the children would typically be exposed to. Ask that it be something that fits with National Nutrition Month. While the students are sampling, explain to the children why that food is good for them. If desired, ask the students for feedback on a written survey.

Preparation:

Talk to local restaurants and/or chefs to see if any would be interested in being a guest chef during the lunch period one day. Find out if any of the students have parents that are chefs that would be willing to come. Also, contact local culinary schools; many students need hours to complete their training. “Chef’s Connection” is a listing of chefs that support Team Nutrition and can be found at <http://schoolmeals.nal.usda.gov>. If possible, have a chef visit

each week of the month. Promote the chef's appearance in the weeks leading up to the event. Gather all supplies needed for chef to give out samples - cups, utensils, napkins, etc.

- **Replace Junk Food For a Week (or Longer)**

How it works:

Ask students to donate money that they would normally spend on soda or other sugary food for one week. Explain to them that soda and junk food are high in sugar and low in nutrients. Try to involve the whole family by sending a flyer home explaining the event. Have the students donate the money that their siblings and parents would have spent for a week on soda or junk food, etc. At the end of the event, donate all money to a local food pantry or food bank. Explain to students that the money will be used to buy nutritious foods for those who cannot afford to buy them. At the end of the week, have a discussion about how they feel knowing the money was for the hungry. If possible, allow the class that collected the most money to deliver the donation to the chosen recipient and take a tour of their facility.

Preparation:

Involve all classes in a contest to make creative containers made in shapes of fruits and vegetables or healthy drink options like milk or water bottle. Send home information about the event the week before. Contact the local food pantry or the food bank that your school will be donating to and arrange a field trip for the class that earns the most money.

- **Invite a Special Visitor**

How it works:

Invite a celebrity to dine with students and get them excited about eating healthy and taking care of their bodies. A staff member or volunteer can wear a mascot costume if no local mascots are available. If an athlete comes, have them tell the students how good nutrition impacts their performance.

Preparation:

Ask a celebrity to dine with students (college or high school athlete, costumed mascot). The costume for Power Panther, the Eat Smart, Play Hard spokes-character, is available to schools to use free of charge. For more information visit www.fns.usda.gov/eatsmartplayhard/.



Team Nutrition Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

The description must include...

- ☐ The approximate date the school signed up as a Team Nutrition School
- ☐ A description of the nutrition education activity and how students, parents or the community were involved

Team Nutrition Description

Green Meadow Elementary enrolled as a Team Nutrition School, on August 30, 2008. Team Nutrition added new ways to incorporate nutrition in everyday teaching.

We invited a chef to teach students and parents how to make an easy and healthy recipe. Parents were invited to attend with their students. A culinary student at Salt Lake Community College volunteered to teach one grade each month how to make an easy and nutritious treat. While showing the students how to prepare their treat the student taught the importance of eating healthy.

The chef taught:

- Grades K-2 how to make a banana octopus;
- Grades 3-4 how to make a fruity breakfast parfait; and
- Grades 5-6 how to make crunchy vegetable burrito banditos.

The chef found the recipes on www.fruitsandveggiesmorematters.com.

Students took a recipe home with them and were encouraged to make it with their parents while telling them what they had learned about nutrition.